

CLAIMS: I claim:

1. A variable weight end structure comprising
 - a. an interface element mountable to a sporting equipment handle,
 - b. a weighting element mountable to interface element, and
 - c. a securing mechanism for holding weighting element to interface element
2. The weighting element of claim 1 wherein said body of material is composed of any type of metal, alloy, plastic, or a composite of metal and plastic.
3. The weighting element of claim 1 wherein said body is solid or made of subassemblies attached or stacked together.
4. The interfacing element of claim 1 wherein said body is composed of any type of plastic.
5. The interfacing element of claim 1 wherein said body has a cavity at one end and on the opposite side a sleeve that fits over a racquet or club handle.
6. The securing mechanism in claim 1 wherein said method is any type of threaded bolt, screw nut or screw.
7. The securing mechanism in claim 1 wherein said method uses tab(s) on the outside of said cap and angled grooves along the inside of cavity wall to secure weight to interface element.
8. The securing mechanism in claim 1 wherein said method uses tab(s) on the inside of cavity and angle grooves on the outside of said cap to secure weight to interface element.
9. The securing mechanism in claim 1 wherein said method uses threads on outside of cap and along the inside on cavity wall.
10. The securing mechanism in claim 1 wherein said method uses locking tabs on cap and cavity.